



Stress Busters Challenge

September 12 – October 23
Goal = 100 points

Life is stressful and stress comes at you in all different forms. It is important that you identify your stressors and take actions to minimize their effect on you. Uncontained stress can lead to issues with type 2 diabetes, anxiety, high blood pressure, asthma and many other conditions. By practicing a few healthy behaviors, you will help reduce the impact of stress on your body and life.

This 6-week Challenge helps you take control by focusing on ways to help you manage stress!

- Eat at least 1 cup of fruits and 1 cup of vegetables
- Get 15 minutes or more of physical activity
- Get at least 7 hours of sleep
- Take 15 minutes or more for relaxation/meditation

How the Challenge Works

- During the Challenge, keep track of these 4 healthy behaviors.
- You will receive 1 point for every behavior you practice each day. Daily opportunity of up to 4 points.
- The goal of this Challenge is to obtain 100 points in 6 weeks.

How to Track Activity Points

- Track your activity online each day or weekly.
- You can use the paper tracking form for convenience.
- Be sure to record all activity points online at <https://delawell.alerehealth.com> by **October 31, 2011**.

Manage your stress and stay in control!